

# NEWS & VIEWS

## Message from Jemma Lambert, Director of Community Services

The ringing in of the new year brought with it some significant milestones for Elder Services! We're delighted to announce the appointment of the Town of Andover's new Director of Elder Services, Jane Burns. Jane brings with her a wealth of experience in the field, most recently serving as the Town of Reading's Director of Elder and Human Services; a position Jane held for more than 8 years. Jane's energy, commitment and passion for the work are second to none. We couldn't be happier to be welcoming Jane to Andover. If you've not yet had a chance to meet Jane, please do stop by the Town Offices or the Senior Center and introduce yourself.

We're also happy to announce that our beloved nutrition program has officially moved into the Senior Center on Clark Road! While we've been serving congregate meals onsite and delivering meals to Andover elders in need of a home delivered meal since the transition began, it's wonderful to welcome Frank and his stellar team of staff and volunteers to the Center. I'm sure you're as happy as we are to have all of our services under one roof once again. Please do join us for lunch at Clark Road before or after a class...enjoying a healthful meal and conversation with your friends and neighbors is what it's all about.

I want to thank the wonderful team at Elder Services, the Council on Aging Board, the Transition Team, the Friends, the Town Manager and my fellow Department Heads one and all for lending their expertise during this complex transition. Everyone's hands contributed to the success of this historic transition.

Andover Elder Services continues to offer all of the programs, services, activities, classes and special events you've come to know and love. Now that the holidays are over, we hope you'll join us on Clark Road as your schedules allow.

Thank you all for your continued support.

Kindest regards,

Jemma

**ANDOVER ELDER SERVICES**  
The Senior Center at Punchard

### HOURS OF OPERATION

Monday	8 am - 4 pm
Tuesday	8 am - 4 pm
Wednesday	8 am - 4 pm
Thursday	8 am - 4 pm
Friday	8 am - 4 pm

### CONTACT INFORMATION

Phone: 978.623.8320  
Info Line: 978.623.8302  
Email: [seniorcenter@andoverma.gov](mailto:seniorcenter@andoverma.gov)  
Web: [andoverma.gov/seniorcenter](http://andoverma.gov/seniorcenter)

### LOCATIONS

Senior Center Programs,  
Events, Classes: 23 Clark  
Road, Andover

Senior Connections Social  
Day Program: 2 Dundee  
Park Dr. #201, Andover

Administrative Offices:  
Town Hall, 36 Bartlet Street,  
Andover

Follow us on Social Media!



@AndoverSeniorCenter

**We are seeking new  
TRIAD Members.**

If you are interested,  
please complete the  
talent bank form with  
the Town Manager.

## How to Register

**In Person:** Monday - Friday 8 am- 4 pm  
Senior Center, 23 Clark Road, Andover  
Town Hall Offices, 36 Bartlet Street, Andover

**By Phone:** 978.623.8320

**Online:** [www.MyActiveCenter.com](http://www.MyActiveCenter.com)

**Payments:**

- Online with PayPal
- In person: cash, check, or credit card
- By mail: check
- By phone: credit card

## Inclement Weather Policy

When Andover Public Schools are closed for weather related issues, the Senior Center is also closed for all programs, activities, classes, lunch, and Meals on Wheels deliveries.

If your class is held at the Cormier Youth Center and schools are delayed due to weather, the Youth Center will not open until school opens. Other morning exercise classes, check with your Fitness Instructor.

School cancellations are announced on TV stations 4, 5, and 7, Andover cable channel 10, as well as radio station WCCM, beginning about 6 am. Please listen to these stations in the morning for announcements.

For up to date information on any schedule changes, please call our information line at 978-623-8302 for cancellations at any time.

Please note: This info line is an announcement line only.

## U.S. CENSUS 2020

### Attention Snowbirds

The 2020 U.S. Census will be collected starting in March 2020, and for the first time, you can fill out the census form online. If you'll be in Florida or other warm climates at that time, but you live six or more months a year in Andover, please be sure to list your Andover address as your home. The census is used to determine our representation in Congress, as well as federal and state funding for our Senior Center, public safety services, infrastructure and public schools. It's important that every Andover resident is counted, even if you've flown south for the winter.

## STAFF

### Director of Community Services

Jemma Lambert  
[jemma.lambert@andoverma.us](mailto:jemma.lambert@andoverma.us)

### Director of Elder Services

Jane Burns  
[jane.burns@andoverma.us](mailto:jane.burns@andoverma.us)

### Social Work/Outreach

Kristine Arakelian, LCSW  
[karakelian@andoverma.gov](mailto:karakelian@andoverma.gov)

### Program Coordinator

Kathy Byrne, LSW  
[kathleen.byrne@andoverma.us](mailto:kathleen.byrne@andoverma.us)

### Transportation/Outreach

Shawna McCloskey, LSW  
[smccloskey@andoverma.gov](mailto:smccloskey@andoverma.gov)

### Volunteer Coordinator

Ashley English  
[ashley.english@andoverma.us](mailto:ashley.english@andoverma.us)

### Office Assistant

Chris Marshall, Editor  
[chris.marshall@andoverma.us](mailto:chris.marshall@andoverma.us)

### Administrative Assistants

Kusum Basra  
Caren Connor  
Patty McCloskey

### Senior Connections

#### Day Program

Stephanie McSurdy  
Sharon Thomson, RN  
Mary McGettrick

### Nutrition Staff

Frank Melendez, Chef  
[fmelendez@andoverma.gov](mailto:fmelendez@andoverma.gov)  
Sue Starbird  
Tina Solari

### Drivers

George Perakis  
George Thomson

## COUNCIL ON AGING BOARD MEMBERS

Paul MacKay, Chair  
Molly Bicking, Vice Chair  
Joan Fox  
Tana Goldberg  
Louise Hadad  
Jeff Kaplan  
Kimberly Rainen  
Thomas Rando  
Judy Trerotola

The Council on Aging  
Board meets on the  
second Thursday of each  
month. This is a public  
meeting and all are  
welcome to attend.

Next meeting:  
**Thursday, February 13,**  
2020 at 8:30 am

### VISION

Today's active older adults are redefining quality of life and healthy aging. The Center at Punchard strives to be the focal point for Andover area older adults who depend on us to support their vitality and independence, provide them with a sense of purpose and the opportunity for seniors to help seniors.

### MISSION

To empower, improve and enrich the lives of our citizens, focusing on adults age 50 and over and those with disabilities, and enhance their quality of life and feeling of self-worth by promoting healthy aging, independence, life-long learning and physical, social and emotional well-being, through caring service with opportunities for social interaction among their peers and the community, recreation, basic support and needs services, culture, entertainment, education, volunteerism and community activism.

### VALUES

<b>COMPASSION</b>	Caring about our community.
<b>INTEGRITY</b>	Adhering to high moral principles and professional standards.
<b>SAFETY</b>	Promoting a safe, inviting and accessible environment.
<b>DIGNITY</b>	Respecting all those who interact with the Center.
<b>DIVERSITY</b>	Embracing differences in skills, knowledge, cultural heritage, ethnicity, gender orientation, economic circumstance and religion.
<b>LEADERSHIP</b>	Guiding all toward life-long well-being.
<b>WISDOM</b>	Drawing from the accumulated wisdom of everyone to benefit the larger community.
<b>INNOVATION</b>	Reaching beyond the commonplace to address diverse interests and needs.
<b>SERVICE</b>	Assisting anyone in need of information, housing, food, caregivers, transportation and various other support.
<b>REMEMBRANCE</b>	Honoring the presence and accomplishments of our patrons in the community.
<b>JOY</b>	Bringing pleasure through education, social events and recreation.

## SPOTLIGHT



### THERE IS SOMETHING ABOUT ANDOVER

#### February 2020 Show Content

"Financial Planning" and

"The Seed Bank at MHL"

View on Andover cable; Channel 47 (Verizon), Channel 8 (Comcast)

## MONTHLY EVENTS

### **Hearing Aid Checks and Screening by appointment    Tuesday, February 4 | 9:30 –10:30 am**

Location: Andover Hearing Center, 11 Chestnut St. #6 | Wendy Ring, Audiologist is offering hearing aid cleanings and checks, as well as hearing screenings. Must call to make an appointment at 978-623-8320. First Tuesday of each month. Cost: Free

### **Andover Chroniclers**

**Thursdays, February 6 and 20 at 9 am**

Location: The Savings Bank, 84 Main Street | The Andover Chroniclers produce videos for the Center at Punchard. In addition, they produce a monthly program "There Is Something About Andover" that highlights local institutions and people to inform and entertain the community. It airs on Andover cable; Channel 47 (Verizon), Channel 8 (Comcast). Mon, Tues: 9 AM; Wed: 7 PM; Friday: 6 PM; Sat: 7 PM. This group meets on the first and third Thursday of the month.



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Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • [www.4lpi.com](http://www.4lpi.com) Andover Senior Center, Andover, MA 06-5052

## MONTHLY EVENTS

### **AARP Tax Prep Assistance**

AARP-trained tax-aides are available at The Senior Center Offices at Town Hall, 36 Bartlet St., to assist with simple tax preparation. Hourly appointments will be available on Tuesday mornings starting February 4th – April 14th. By appointment only, so please call The Center at (978) 623-8320 to schedule an appointment. You do not need to be a senior citizen.

### **Tuesdays morning Call for Appointment**

### **Fix It Shop**

### **Monday, February 10 & 24 from 1:00-3:00 pm**

Location: 23 Clark Road | This is an excellent resource offered by a dedicated group of individuals who enjoy fixing things. Bring your lamps (new cords & sockets), small appliances, chairs, small tables and any other small project. They will try to fix it. First come first served basis. If you would like to join the group, stop by and say "Hi" Cost: \$4 plus parts for seniors (ID required); \$10 plus parts for non-seniors and non-residents; \$2 diagnostic fee

### **Pain Management Support Group**

### **Monday, February 11 at 1:30 pm**

Location: 23 Clark Road | This intimate and confidential group meets on the second Monday of each month and is open to anyone who is dealing with chronic pain management issues. Newcomers are always welcome. Facilitator: Gerry Rainville, RN, MSN. Must register to attend, please call. Cost: Free

### **Valentine's Day Cookie Decorating**

### **Wednesday, February 12 12:30pm**

Come join us as we decorate cookies for Valentine's Day! Take some time to relax, create, and eat with friends. A perfect opportunity to sign up for lunch and see the new temporary location of the Senior Center. Call (978) 623-8320 to sign up. Cost: free

### **COA Board Meeting**

### **Thursday, February 13 at 8:30 am**

Location: Town Hall, Select Board Room, 3rd Floor | The Council on Aging Board meets on the second Thursday of each month. This is a public meeting and all are welcome to attend.

### **SHINE**

### **Thursday February 13 & 27**

### **(Serving Health Information Needs of Everyone)**

**8:30 am - 11:30 am**

Meets at the Senior Center Town Hall Office. This confidential counseling service helps individuals understand their Medicare insurance benefits and other health insurance options. Must call to make an appointment. Cost: Free

### **Happy Birthday to You!**

### **Friday, February 21 at 11:45 am**

Held on the third Friday of every month. Come to this fun congregate lunch with entertainment (provided courtesy of the FRIENDS). It does not have to be your birthday month to attend - the more the merrier! Must register to attend. Cost: Suggested donation of \$3

### **Ask the Lawyer**

### **Monday, February 24 at 9:30 am**

Legal clinic is offered by Justin St. James, Esquire. He is licensed in MA & NH. Must call to schedule appointment. Appointments are 20 minutes and scheduled in chronological order to help save time. Please do not miss your appointment. Call to cancel if you cannot attend. Limit of one question/issue. Cost: Free

### **Techie Live**

### **Monday, February 24 at 1:00 pm**

Location: 23 Clark Road | Chris Lefebvre from eXp Realty in Andover has grown up with computers and technology and has 30+ years of experience working with an array of technological devices. Questions about cell phones, tablets, laptop computers, etc. will be answered. Please call the Center to make a 30 minute appointment. Cost: Free

### **Book Club**

### **Thursday, February 28 at 1:30 pm**

This is a program operated in conjunction with the Memorial Hall Library. The books that the group reads are all different genres and they read a new book each month. At the end of the meeting, participants receive the new book that they will be reading in the next month. The group meets on the 4th Thursday of every month to discuss the book that everyone read. Must register in advance. Cost: Free



## HEALTH AND WELLNESS

### **Brown Bag**

**Tuesday, February 25 at 9:00 am**

Location: 23 Clark Road | Individuals must be 60+ with an income less than \$21,978 for a single person or less than \$29,637 for a couple, or on Mass Health, food stamps or another public benefit. Eligible participants receive a grocery bag of perishable and non-perishable food items. Typically, Brown Bags are distributed on the fourth Tuesday of the month. Individuals who meet the requirements and want to participate must request an application from a staff member. Eligibility determined by Elder Services of the Merrimack Valley Cost: Free

### **Coffee with Mark, VSO**

**On Hold**

Please stop by to meet Mark Comeiro and learn more about veteran services provided on a local, state and federal level. Meets second Monday of the month. On hold until March 2020.

### **Parkinson's Disease Support Group update**

**On Hold**

The Parkinson's Support Group is temporarily on hold. Next meeting is on Thursday, April 9, 2020 from 2:00-3:00 pm at Bridges by EPOCH, 254 Lowell Street, Andover. April's group will not have a speaker. Please contact Kristine Arakelian at 978-623-8320 for updated information.

### **Caregiver Support Group**

**On Hold**

Location: Bridges by Epoch, 254 Lowell Street, Andover | The Caregiver Support Group is temporarily on hold. Next meeting is on Monday, April 20, 2020 from 1:30-3:00 pm. Please contact Ashley English at 978-623-8320 for updated information.

### **TRIAD Meeting**

**On Hold**

TRIAD is a joint collaboration between the Andover Elder Services, Andover Police Department, Essex County District Attorney's Office and the Essex County Sheriff's Department. It is designed to enhance the delivery of law enforcement services to older persons through crime prevention and education programs. TRIAD Meetings are on hold until there are enough members for a quorum.

### **Podiatry/Foot Care**

**Wednesdays, call for Appointment**

Location: Bridges by Epoch, 254 Lowell Street, Andover (cash and checks only) | A nurse from Foot Care Focus provides foot care services to Andover seniors. Homebound seniors who are interested should contact Kristine Arakelian. A grant from the Andover Home for the Aged subsidizes this program. Must call to make an appointment at 978-623-8320. Appointments from 9 am-12 pm Cost: \$10

### **Chair Massage at Hands in Motion**

**Mondays in February**

A seated chair massage will provide relaxation and self care. Must call David to make an appointment at 978-749-0029. Mondays from 10 am-12 pm. Cost: \$15 for 20 minutes for seniors over 60

### **Wellness Clinics**

**Weekly on Wednesdays from 2 pm - 3 pm**

Location: 23 Clark Road | Stop in for a blood pressure and weight check with our trained nurses. They are here to help you manage your day-to-day health needs. No appointment necessary. Flu shots still available contact the Health Department. Cost: Free

**Andover Commons Mini Clinic:** Monday, February, 10th 2-3 pm

**Frye Circle Mini Clinic:** Monday, February, 24th 1-2 pm

### **Medical Equipment**

The local Masons have a medical equipment loan program that is open to people in need of accessing hospital equipment. This loan program is free and open to all. Equipment can be picked up on Saturdays at 500 West Cummings Park, Suite 1150, Woburn, MA.

### **Bereavement Support Group**

**Thursday, March 5 from 1:30 pm-3:00 pm**

This group is designed to provide individuals help coping with the loss of a loved one. It is held on the first Thursday of every month. Must register to attend by calling Lois Marra of Home Health VNA Hospice at 978.552.4537; leave a message with your name and phone number and she will return your call. Cost: Free

## MEDICARE UPDATE

### Want to lower your Medicare costs?

On **January 1, 2020** the income and asset limits for the Medicare Savings Programs\* increased. If you qualify, these programs will pay your Part B premium and in some cases your Part A and B deductibles, co-pays and Part A premium (if you have one). In addition, you will automatically receive Extra Help, a program that will lower your Medicare Part D premium and co-pays. .

### Income and asset limits effective 1-1-20

	Income / month	Assets
Individual	\$1,738	\$15,720
Married couple	\$2,346	\$23,600

### Prescription drug co-payments with Extra Help effective 1-1-20

	Per 30-Day supply
Generic	\$3.60
Brand Name	\$8.95

To learn more and to request an application, contact MassHealth at: **1-800-841-2900 or TTY at: 1-800-497-4648**. SHINE can also assist you with the application process. Call us to make an appointment.

Applications are also available on-line at: <https://tinyurl.com/MassMSP>

### SAVE THE DATE

Celebrate St. Patrick's Day on March 11 at the Senior Center, 23 Clark Road.

Share in Chef Frank's delicious Corned Beef Dinner & Enjoy the Irish music of Brian Corcoran.

Tickets available starting February 10<sup>th</sup> - \$11.00 each



## VOLUNTEERS

### ATTENTION SCRPT VOLUNTEERS

Through the transition, timesheets can be returned to the temporary home of the Senior Center at 23 Clark Rd. or the Senior Center Administrative Offices at Town Hall, first floor.

Timesheets can also be mailed to:

Town of Andover Senior Center  
36 Bartlet St.  
Andover, MA 01810

For questions about the status of your SCRPT hour totals, please feel free to call the main line at 978-623-8320.

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## FEBRUARY 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> <b>9:00</b> Quilting <b>12:00</b> <b>Shepard's Pie</b> <b>1:00</b> Yoga for All <b>1:30</b> Zumba <b>3:00</b> Energize w/ Exercise <b>MENU SUBJECT TO CHANGE WITHOUT NOTICE</b> <b>Phone reservations will be taken until 4:00 pm the day before you wish to come.</b> <b>Suggested donation \$3.00</b>	<b>4</b> <b>9:00</b> AARP Tax Prep <b>9:15</b> Walk the Gym <b>9:15</b> Breath, Balance, & Body <b>9:15</b> Men & Women in Motion <b>10:20</b> Strengthen & Stride <b>10:30</b> Yoga for Beginners <b>12:00</b> <b>Roast Turkey</b> <b>12:30</b> Mahjong @ Stonehill <b>12:30</b> Sit & Get Fit <b>1:00</b> Social Bridge <b>1:00</b> Canasta <b>1:20</b> Tai Chi Beginner <b>1:30</b> Zumba	<b>5</b> <b>8:15</b> Strength Training <b>8:30</b> Comfort Critters <b>9:00</b> Podiatry @ Bridges <b>9:00</b> Scale Model Building <b>9:00</b> Tap Dancing Basic <b>9:15</b> Strength Training <b>9:45</b> Tap Dancing Performance <b>10:00</b> Grocery Trip <b>10:30</b> Writers Group <b>12:00</b> <b>Lasagna w/ Spinach</b> <b>1:00</b> Knit Wits <b>1:00</b> Yoga Advanced Beginner <b>1:30</b> Zumba <b>2:00</b> Wellness Clinic	<b>6</b> <b>9:00</b> Chronicler's @ Savings Bank <b>9:15</b> Walk the Gym <b>9:15</b> Men & Women in Motion <b>10:00</b> Women's Bridge <b>10:00</b> Mindfulness Meditation <b>10:00</b> Studio Art @ Stonehill <b>10:20</b> Strengthen & Stride <b>12:00</b> <b>Chicken Pot Pie</b> <b>12:30</b> Sit & Get Fit <b>1:00</b> Duplicate Bridge <b>1:20</b> Tai Chi Advanced Beginner <b>1:30</b> Zumba <b>2:30</b> Tai Chi Intermediate <b>3:00</b> Energize with Exercise	<b>7</b> <b>8:15</b> Strength Training <b>9:15</b> Strength Training <b>10:00</b> <b>Chinese New Year Celebration @ Old Town Hall!</b> <b>12:00</b> <b>Baked Fish</b> <b>12:30</b> Canasta <b>1:00</b> Forty-Fives @ MHL <b>12:30</b> Chinese Rehearsal <b>1:00</b> Chinese ESL <b>1:30</b> Zumba <b>2:00</b> Ping Pong & Dancing
<b>10</b> <b>9:00</b> Quilting <b>12:00</b> <b>American Chop Suey</b> <b>1:00</b> Fix-it Shop <b>1:00</b> Yoga for All <b>1:30</b> Zumba <b>3:00</b> Energize w/ Exercise	<b>11</b> <b>9:00</b> AARP Tax Prep <b>9:15</b> Walk the Gym <b>9:15</b> Breath, Body, Balance <b>9:15</b> Men & Women in Motion <b>10:20</b> Strengthen & Stride <b>Registration for Youth Center Classes</b> <b>10:30</b> Yoga for Beginners <b>12:00</b> <b>Chicken Parm w/ Ziti</b> <b>12:30</b> Sit & Get Fit <b>12:30</b> Mahjong @ Stone Hill <b>1:00</b> Canasta <b>1:00</b> Social Bridge	<b>12</b> <b>8:15</b> Strength Training <b>8:30</b> Comfort Critters <b>9:00</b> Podiatry @ Bridges <b>9:00</b> Scale Model Building <b>9:00</b> Tap Dancing Basic <b>9:15</b> Strength Training <b>9:45</b> Tap Dancing Performance <b>10:00</b> Grocery Trip <b>10:30</b> Writers Group <b>12:00</b> <b>Pot Roast</b> <b>12:30</b> <b>Valentine's Day Cookies</b> <b>1:00</b> Knit Wits <b>1:00</b> Yoga Advanced Beginner	<b>13</b> <b>8:30</b> COA Board Meeting <b>9:00</b> SHINE <b>9:15</b> Walk the Gym <b>9:15</b> Men & Women in Motion <b>10:00</b> Women's Bridge <b>10:00</b> Mindfulness Meditation <b>10:00</b> Studio Art @ Stonehill <b>10:20</b> Strengthen & Stride <b>Registration for Youth Center Classes</b> <b>12:00</b> <b>Lemon Chicken</b> <b>12:30</b> Sit & Get Fit <b>1:00</b> Duplicate Bridge	<b>14</b> <b>8:15</b> Strength Training <b>9:15</b> Strength Training <b>10:45</b> Chinese ESL <b>12:00</b> <b>Fish</b> <b>12:30</b> Canasta <b>1:00</b> Forty-Fives @MHL <b>1:30</b> Zumba <b>2:00</b> Ping Pong & Dancing



<p><b>17</b></p> <p><b>Senior Center Closed</b></p>  <p><b>Senior Center</b></p> <p><b>Registration Week (Last Week of Classes)</b></p> <p><b>&amp;</b></p> <p><b>Youth Center</b></p> <p><b>Registration Week (NO YC classes this week)</b></p>	<p><b>1:00</b> Social bridge</p> <p><b>1:30</b> Zumba</p> <p><b>2:30</b> Line Dancing</p>	<p><b>1:00</b> Yoga Advanced Beginner</p> <p><b>1:30</b> Zumba</p> <p><b>2:00</b> Wellness Clinic</p>	<p><b>1:00</b> Duplicate bridge</p> <p><b>1:20</b> Tai Chi Advanced Beginner</p> <p><b>1:30</b> Zumba</p> <p><b>2:30</b> Tai Chi Intermediate</p> <p><b>3:00</b> Energize with Exercise</p>	<p><b>21</b></p> <p><b>8:15</b> Strength Training</p> <p><b>9:15</b> Strength Training</p> <p><b>10:30</b> FRIENDS Meeting</p> <p><b>10:45</b> Chinese ESL</p> <p><b>12:00</b> <b>BIRTHDAY LUNCH</b> <b>Cheese Burger</b></p> <p><b>12:30</b> Canasta</p> <p><b>1:00</b> Social Bridge</p> <p><b>1:30</b> Zumba</p> <p><b>2:00</b> Ping Pong &amp; Dancing</p>
<p><b>18</b></p> <p><b>9:00</b> AARP Tax Prep</p> <p><b>9:15</b> Breath, Body, Balance</p> <p><b>10:30</b> Yoga for Beginners</p> <p><b>12:00</b> <b>Chicken Marsala</b></p> <p><b>12:30</b> Sit &amp; Get Fit</p> <p><b>12:30</b> Mahjong @ Stone Hill</p> <p><b>1:00</b> Canasta</p> <p><b>1:00</b> Social Bridge</p> <p><b>1:00</b> Canasta</p> <p><b>1:20</b> Tai Chi Beginner</p> <p><b>1:30</b> Zumba</p> <p><b>2:30</b> Line Dancing</p>	<p><b>19</b></p> <p><b>8:15</b> Strength Training</p> <p><b>8:30</b> Comfort Critters</p> <p><b>9:00</b> Podiatry @ Bridges</p> <p><b>9:00</b> Scale Model Building</p> <p><b>9:00</b> Tap Dancing Basic</p> <p><b>9:15</b> Strength Training</p> <p><b>9:45</b> Tap Dance Performance</p> <p><b>10:00</b> Fiber Arts</p> <p><b>10:00</b> Grocery Shopping</p> <p><b>10:30</b> Writers Group</p> <p><b>12:00</b> <b>Shepherd's Pie</b></p> <p><b>1:00</b> Knit Wits</p> <p><b>1:00</b> Yoga Advanced Beginner</p> <p><b>1:30</b> Zumba</p> <p><b>2:00</b> Wellness Clinic</p>	<p><b>20</b></p> <p><b>9:00</b> Chronicler's @ Savings Bank</p> <p><b>9:15</b> Men &amp; Women in Motion</p> <p><b>10:00</b> Studio Art @ Stone Hill</p> <p><b>10:00</b> Mindfulness Meditation</p> <p><b>10:00</b> Women's Bridge</p> <p><b>12:00</b> <b>Chicken Pesto</b></p> <p><b>12:30</b> Sit &amp; Get Fit</p> <p><b>1:00</b> Duplicate Bridge</p> <p><b>1:20</b> Tai Chi Advanced Beginner</p> <p><b>1:30</b> Zumba</p> <p><b>2:30</b> Tai Chi Intermediate</p> <p><b>3:00</b> Energize w/ Exercise</p>	<p><b>27</b></p> <p><b>9:00</b> SHINE</p> <p><b>10:00</b> Studio Art @ Stone Hill</p> <p><b>10:00</b> Mindfulness Meditation</p> <p><b>10:00</b> Women's Bridge</p> <p><b>12:00</b> <b>Chicken Cordon Bleu</b></p> <p><b>1:30</b> Book Club @ Library</p>	<p><b>28</b></p> <p><b>10:45</b> Chinese ESL</p> <p><b>12:00</b> <b>Lemon Pepper Scrod</b></p> <p><b>12:30</b> Canasta</p> <p><b>1:00</b> Forty-Fives @ MHL</p> <p><b>1:00</b> Social Bridge Drop in</p> <p><b>2:00</b> Ping Pong &amp; Dancing</p>
<p><b>24</b></p> <p><b>9:00</b> Quilting</p> <p><b>9:30</b> Ask the Lawyer</p> <p><b>12:00</b> <b>Roast Pork Loins</b></p> <p><b>1:00</b> Fix-it Shop</p> <p><b>BREAK WEEK NO EXERCISE at Clark Rd.</b></p>	<p><b>25</b></p> <p><b>9:00</b> AARP Tax Prep</p> <p><b>12:00</b> <b>Meatloaf</b></p> <p><b>12:30</b> Mahjong @ Stone Hill</p> <p><b>1:00</b> Canasta</p> <p><b>1:00</b> Social Bridge</p>	<p><b>26</b></p> <p><b>8:30</b> Comfort Critters</p> <p><b>9:00</b> Podiatry @ Bridges</p> <p><b>9:00</b> Scale Model Building</p> <p><b>10:00</b> Fiber Arts</p> <p><b>10:00</b> Grocery Shopping</p> <p><b>10:30</b> Writers Group</p> <p><b>12:00</b> <b>Beef Stroganoff</b></p> <p><b>1:00</b> Knit Wits</p> <p><b>2:00</b> Wellness Clinic</p>	<p><b>27</b></p> <p><b>9:00</b> SHINE</p> <p><b>10:00</b> Studio Art @ Stone Hill</p> <p><b>10:00</b> Mindfulness Meditation</p> <p><b>10:00</b> Women's Bridge</p> <p><b>12:00</b> <b>Chicken Cordon Bleu</b></p> <p><b>1:30</b> Book Club @ Library</p>	<p><b>28</b></p> <p><b>10:45</b> Chinese ESL</p> <p><b>12:00</b> <b>Lemon Pepper Scrod</b></p> <p><b>12:30</b> Canasta</p> <p><b>1:00</b> Forty-Fives @ MHL</p> <p><b>1:00</b> Social Bridge Drop in</p> <p><b>2:00</b> Ping Pong &amp; Dancing</p>



## FITNESS CLASSES · WINTER SESSION 2019-2020 · DEC. 9, 2019 - FEB. 21, 2020

*All classes this session are \$25!*

*There are no make up classes, no price adjustments*

*No classes held at the Youth Center during school vacation*

*Senior Center is closed on Feb. 17, 2020*

**Registration for Spring Session begins February 18th. Break Week No Class 2/24/20—2/28/20**

### Youth Center Exercise Update

Winter Session at the Youth Center ends on February 13. Registration information: Youth Center registration for the Spring 1 Session begins on February 11th. Spring 1 Youth Center Session: February 25, 2020 through April 16, 2020. No class or walk during April School Vacation 2/17-2/21. Youth Center Spring 2 Session Begins April 28

### **Breath, Balance & Body**

*Tuesdays | 9:15 am | Instructor: Pat Dumont*

Improve breathing & balance through gentle exercise, strengthening & lifestyle health.

### **Energize w/ Exercise**

*Mondays | 3:00 pm | Instr: Denise Boucher / Thursdays | 3:00 pm | Instr: Andrea Deyermond*

Energizing workout, building flexibility and strength, with a buffet of exercise options for the 50 + group.

### **Line Dancing**

*Tuesdays | 2:30 pm | Instructor: Valerie Cagnina*

Easy line dancing set to different styles of music. Appropriate for beginner to intermediate level.

### **Men & Women in Motion - at Youth Center**

*Tuesdays | 9:15 am | Instructor: Denise Boucher*

*Thursdays | 9:15 am | Instructor: Tracy Callahan*

Functional & sports based movements linked together for a 30 minute moderate to vigorous aerobic workout followed by balance & strength building .

### **Sit & Get Fit**

*Tuesdays | 12:30 pm | Instructor: Denise Boucher / Thursdays | 12:30 pm | Instructor: Tracy Callahan*

Focus on strengthening your muscles, improving your balance & posture, stretching, breathing & lifting your spirits.

### **Strength & Stride - at Youth Center**

*Tuesdays 10:20 am | Instructor: Denise Boucher*

*Thursdays | 10:20 am | Instructor: Tracy Callahan*

This class mixes low impact aerobics with muscle conditioning, as well as working on balance. Great for all levels.

### **Strength Training**

*Wednesdays | 8:15 & 9:15 am | Instructor: Pat Dumont*

*Fridays | 8:15 & 9:15 am | Instructor: Barbara Maguire*

The use of resistance bands & hand weights increases muscular strength & endurance.

### **Tai Chi Beginner (starts Jan. 7)**

*Tuesdays | 1:20 p.m. | Instructor: Meg Holmes*

This class is for students who are new to Tai Chi.

### **Tai Chi Intermediate (starts Jan. 9)**

*Thursdays | 2:30 pm | Class limit 10 | Instructor: Meg Holmes*

This class is for students who have learned the complete Yang style 24 Form.

### **Tai Chi Advanced Beginner (starts Jan. 9)**

*Thursdays | 1:20 pm | Instructor: Meg Holmes*

This class is for students who have learned the complete Yang style 24 Form.

### **Tap Dancing Basic - at Dance Infusion**

*Wednesdays, | 9 am | Instructor: Audrey Nason*

Tap routines encourage you to relax while also improving balance, coordination and posture.

### **Tap Dancing Performance - at Dance Infusion**

*Wednesdays, | 9:45 am | Instructor: Audrey Nason*

For dancers who have taken Tap Dancing Basic. This includes performing at different events in the community.

### **Walk the Gym - at Youth Center**

*Tuesdays & Thursdays | 9:15 am - 11:15 am | free*

This group walks together in the gym at the Youth Center. Be sure to sign in.

### **Yoga Advanced Beginners**

*Wednesdays | 1 pm | Instructor: Pat Dumont*

Some prior experience suggested for this gentle yoga practice. Use floor or chair if you prefer.

### **Yoga For All**

*Mondays | 1:00 pm | Instructor: Pat Dumont*

Slow flowing positions, facilitate muscle endurance, increase strength, improve balance & flexibility.

### **Yoga for Beginners**

*Tuesdays | 10:30 a.m. | Instructor: Pat Dumont*

A gentle, pleasurable experience for beginners or those returning to yoga.

### **Zumba**

*Tuesdays | 1:30 p.m. | Instructor: Valerie Cagnina*

Cardio fitness dance



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**Medical Transportation**

Transportation is available to medical appointments. A minimum of one week advance notice is required. Contact Ashley for more details. Donations accepted

**Daily Ride to the Center**

Daily trip to and from the Center; no charge; donations welcome.

**Grocery Shopping - Market Basket**

Door-to-door service - we pick you up at your house and bring you home. Call to register. Cost: Free

**Townie Trips**

The Center offers Thursday Andover Townie Trips - travel in town between 9:30 am and 2:30 pm. Want to get your hair done, go out to lunch, go to a friend's house or go to the library? The cost is \$4 one way or \$7 round trip, with a minimum of a one-hour stay at your destination. We ask that you book by Tuesday at noon.

**CAR-POOLING**....there is parking available but it would be nice to share rides and save space.....it's good for the environment too!

**MVRTA Bus service** is generously offering a **REVISED #21 BUS ROUTE** to accommodate bringing people to and from our temporary location.

## SENIOR CONNECTIONS

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### Free Trial Day For New Senior Connections Participants

We invite new, interested individuals and families to take advantage of our **FREE** trial Day for Senior Connections. This is open to all **NEW** people who are considering services from our engaging program. A full intake packet must be done prior to the start of the **FREE trial day**. Senior Connections accepts private pay and is part of the Elder Services of the Merrimack Valley contract.

You may also schedule a tour in advance by calling and asking for Stephanie.



## SPOTLIGHT

### Chinese Lunar New Year Celebration Andover Old Town Hall, 20 Main St. Friday, February 7, 2020 at 10:00 AM

Come celebrate the Chinese Lunar New Year, The Year of the Rat. This is the 8<sup>th</sup> year the Andover Chinese Charm Circle has brought this wonderful celebration to the Town of Andover!

The program features a chorus of both Chinese and English songs, folk dances, popular scenes from Beijing Operas, musical instruments performance, martial arts displays, and more!

As one of the leaders from the group says:

“Like the Christmas season in the western world, the Chinese New Year Celebration means family reunion after a year’s hard working, sharing great food, expressing best wishes as well as exciting entertainment. So come to join us and have a great time there in the Old Town Hall!”

This event is free and open to the public. Sponsored by the Town of Andover.





## THE ANDOVER SENIOR COMMUNITY FRIENDS, INC.

### Pave The Patio!

The Capital Campaign to renovate and expand the senior center is selling engraved bricks which will become part of the patio at the new Robb Center. The bricks can be inscribed with the name of a loved one, living or deceased, or can be used to celebrate a birthday, anniversary or a new family member or to honor someone dear and will become a permanent memorial.

**Buy a brick! The cost is \$100 per brick.**

Tear out this page from the newsletter, complete the form below and mail it to the Andover Senior Community Friends using the address at the bottom of the page.

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**PO Box 576**

**Andover, MA 01810**

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There are several openings on the FRIENDS board. If you are interested in participating please contact Ann O'Sullivan at (978) 623-8112.

Make your Amazon purchases through AmazonSmile ([smile.amazon.com](http://smile.amazon.com)) and enter the name of the Andover Senior Community Friends, Inc. as your charity. Amazon will donate a portion of the purchase price to the FRIENDS. It costs you nothing and will benefit our organization.

Help the FRIENDS support the programs at the Center at Punchard. Check out all we do! The FRIENDS are a 501c3



**The Andover Senior  
Community FRIENDS  
upcoming meetings:**

**Friday, February 21  
at 10:30 AM  
at The Savings Bank**

**Please join us as we support  
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**Website: [andoverscf.org](http://andoverscf.org)**



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